

# 22nd ANNUAL TRI-MOUNTAIN REGATTA

Sunday, October 15, 2006

Mt. Baker Rowing & Sailing Center, Seattle Parks & Recreation,  
and Mt. Baker Boating Council

Coaches & Coxswains Meeting:	7:15am
First Flight:	8:30 am
Second Flight:	10:15 am
Third Flight:	12:00 pm
Fourth Flight:	1:30 pm

We are looking forward to having you join us for the 22nd Annual Tri-Mountain Regatta. The race headquarters will be located at the Mount Baker Rowing and Sailing Center, Stan Sayres Park on Lake Washington, Seattle.

As in the past, the race is a head-style event covering 5000 meters (three miles) south of the I-90 floating bridge. The race begins at Mt. Baker Beach area and continues south into Andrews Bay (Seward Park) where there will be several large buoys marking the turn. After navigating the turn, rowers will continue back North to the finish line at the Stan Sayres boat ramps.

The turn in Andrews Bay is in a clockwise direction around several large buoys. This is a "controlled turn"; a wide sweeping turn to starboard where all rowers are required to continue rowing while making the turn. A map and a complete set of rules will be mailed with the confirmation packet.

The Tri-Mountain Regatta is an USRowing Registered Regatta; registering clubs must be member organizations of USRowing, but individual membership in USRowing is not required. Individual waivers forms must be completed to insure that all participants are covered under the group liability insurance policy.

The Regatta is structured into four flights of events to allow boats and competitors to be in more than one event. As you plan your entries, be aware that the fastest time is about 15 minutes, and the slowest time may be as long as 30 minutes. All shells should have started within 30 minutes of when the flight begins. There is usually a break on the docks between flights. All flights will rotate year to year; Flight 4 becomes Flight 1, Flight 2 becomes Flight 3, etc.

We can offer secure overnight shell parking for out of town crews. It is located about five minutes from the regatta site. Parking will be in a fenced and locked parking lot. All equipment and boats are left at your own risk! All trailers must be picked up between 6:00am and 6:30am on Sunday. Please call the Mt Baker boathouse to reserve a spot and get directions. Please arrive on Saturday between 4-6pm.

Masters Handicap Rule: All competitors must be 27yrs or older by December 31, 2006 and the races will be handicapped two (2) seconds per year over 27 yrs.

There will be special edition t-shirts on sale, other merchandise as well as a selection of edibles, breakfast and lunch items, cold and hot beverages.

## INSTRUCTIONS FOR ENTRIES

Submit your entry form and competitor waivers with an accompanying check or credit card for entry fees. Entry fees are **non-refundable**. Make checks (in U.S. Dollars) payable to "**City of Seattle**." Visa, MasterCard, or American Express are accepted as forms of payment. Entries (money and entry form) received after Tuesday, October 3<sup>rd</sup>, will be charged a 50% late fee per person.

Entries must be received by **Tuesday, October 3<sup>rd</sup> - Midnight**.

Entry fees are \$15 per person for as many races as the schedule will allow. This fee covers:

- Boat entries
- Regatta insurance
- Seattle Parks Fee

Mail or deliver or FAX entries to:

Mount Baker Rowing & Sailing Center

3800 Lake Washington Blvd S

Seattle, WA 98118

206/386-1913 (Phone)

206/386-1914 (FAX)

## EVENT CLASSIFICATIONS

Lightweight: Juniors: 130 lbs. for women, 155 lbs. for men

Masters: 135 lbs. for women, 165 lbs. for men

Junior: High School Students (8<sup>th</sup> - 12<sup>th</sup> Grades, **and** 13 - 18 yrs old)

**\*\*Junior Coaches Note:** Enter your Varsity Jr. 8+, 4+, 4X, 2X in Open Events

Enter your JV Jr. 8+, 4+, 4X, 2X in Junior Events

Enter your 3JV 8+, 4+, 4X, 2X & more in Jr. Int. Events (3V8=A, 4V8=B)

Master: Age 27 or older by Dec 31, 2006 (except coxswains)

Open: Any age, any registered participants at the regatta  
(National team competitors must follow USRowing rules)

Junior Novice: New to rowing since June 2006

Master Novice: New to rowing since January 2006

# TRI-MOUNTAIN REGATTA ENTRY FORM

## Sunday, October 15, 2006

Club Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ E-Mail \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Day Phone: (\_\_\_\_\_) \_\_\_\_\_ Eve. Phone: (\_\_\_\_\_) \_\_\_\_\_

FAX Number: (\_\_\_\_\_) \_\_\_\_\_

### ENTRY FEES

\_\_\_\_\_ # Athletes (to include Coxswains) x \$15 =\$ \_\_\_\_\_  
(Entry fees, insurance and park fees, etc)

Late Entry Fees x 50% (if received after 10/1; midnight) \$ \_\_\_\_\_  
[\_\_\_\_\_ # Athletes x \$15 x .5 (50%)]

**TOTAL OWED** \$ \_\_\_\_\_

Please make all checks payable to "**City of Seattle**"

Mail entry packet to: Mount Baker Rowing & Sailing Center  
3800 Lake Washington Blvd S  
Seattle, WA 98118 206/386-1913 Phone

**OR FAX** your entry with **Credit Card Information** to 206/386-1914 Fax

Visa/MC/Amex # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

**ENTRY DEADLINE: Tuesday, OCTOBER 3<sup>rd</sup> MIDNIGHT**

# 2006 TRI-MOUNTAIN REGATTA ENTRY FORM

Club Name:

E-mail:

Day Phone:

Fax #:

FIRST FLIGHT			8:30am SECOND FLIGHT			10:15am THIRD FLIGHT			12noon FOURTH FLIGHT			1:30pm		
Event Category	Number Entries	Ave Age	Event Category	Number Entries	Ave Age	Event Category	Number Entries	Ave Age	Event Category	Number Entries	Ave Age	Event Category	Number Entries	Ave Age
M Mst 8+			M Op 8+			M Jr. 8+			M Jr. Lt. 8+					
W Jr. 8+			W Mst 8+			W Op 8+			Mx Op 8+					
M Lt. 8+			M Jr. Int. 8+			Mx Mast 8+			W Lt. 8+					
Mx Jr. Int 8+			Mixed Jr. 8+			W Jr. Lt. 8+			W Jr. Int 8+					
M Jr. Nov 8+			M Op 4x (+/-)			Mx Jr. Nov 8+			W Nov 8+					
M Jr. 4x+			M Nov 8+			M Op 4+			Mx Mst 4x (+/-)					
W Mst 4x (+/-)			W Jr. Nov 8+			W Op 4x (+/-)			W Jr. 4+					
M Nov 4X+			W Nov 4x+			M Mst 4x (+/-)			M Lt. 4+					
W Op 4+			M Jr. 4+			W Jr. 4x+			M Mst 4+					
W Lt. 4+			W Jr. Int. 4+			W Mst 4+			M Jr. Int. 4+					
W Nov 4+			M Jr. Nov 4x+			M Nov 4+			W Jr. Nov 4x+					
M Op 2x			W Op 2x			W Mst 2x			M Mst 2x					

Entry Deadline : Oct. 3, midnight

- Please include the average age of the crew for masters events. (If not included, assume the age to be 27 years)
- Masters races: Handicapped two seconds for each year over 27.
- Quad Races must indicate with cox or w/o cox. Awards will be presented separately
- Please check definition for Open, Jr., and Jr. Intermediate categories